



## The co-benefits for health of investing in active transportation

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### Abstract:

Amid growing concerns about the impact of rising obesity and physical inactivity levels, climate change, population growth, increasing traffic congestion and declining oil supplies, multiple sectors are now promoting active transportation as an alternative to driving. This paper considers the health benefits and co-benefits of investing in active transportation, enabling comparison of policy options to optimise societal objectives aimed at creating healthy, socially and environmentally sustainable communities. Policies promoting the use of both energy-efficient motor vehicles and increased active transportation would almost double the impact on greenhouse gas emissions and would reduce disease burden by increasing physical activity. More co-benefit and economic analyses research is required to inform 'joined-up' policy solutions.

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### Resource Description

#### Exposure :

weather or climate related pathway by which climate change affects health

Air Pollution, Unspecified Exposure

**Air Pollution:** Particulate Matter, Other Air Pollution

**Air Pollution (other):** NOx

#### Geographic Feature:

resource focuses on specific type of geography

None or Unspecified

#### Geographic Location:

resource focuses on specific location

Non-United States

**Non-United States:** Australasia

#### Health Co-Benefit/Co-Harm (Adaption/Mitigation):

specification of beneficial or harmful impacts to health resulting from efforts to reduce or cope with greenhouse gases

# Climate Change and Human Health Literature Portal

A focus of content

## **Health Impact:**

specification of health effect or disease related to climate change exposure

Cancer, Cardiovascular Effect, Diabetes/Obesity, Mental Health/Stress, Morbidity/Mortality, Respiratory Effect

**Mental Health Effect/Stress:** Other Mental Disorder

**Respiratory Effect:** Asthma

## **Mitigation/Adaptation:**

mitigation or adaptation strategy is a focus of resource

Mitigation

## **Resource Type:**

format or standard characteristic of resource

Review

## **Timescale:**

time period studied

Time Scale Unspecified